

# THE FEAR COMPLETION PROTOCOL

Sovereign Self System | The Coherence Lab

## PURPOSE

Use this when fear is running - at 2am, before a difficult conversation, before a decision, or when contraction has taken hold and won't shift.

**Duration: 2–5 minutes.**

No journaling. No spirals. No analysis.

Fear does not need to be fought. It needs to be allowed to finish.

## 01 - Locate the Fear

Place one hand on wherever you feel the fear in your body.

Do not analyse it. Do not explain it. Just locate it.

Chest. Throat. Belly. Back. Notice the shape of it. The temperature.

Stay here. Do not move away from it.

*This is the first act of completion. The moment you stop fleeing, fear stops needing to escalate.*

## 02 - Feel the Sadness Underneath

Hold the fear without fixing it. Do not reframe. Do not use a command yet.

Wait.

Underneath the fear - sadness will appear. Quiet. Heavy. Empty.

This is not a sign that something is permanently wrong.

Sadness feels like emptiness because something was lost - not because something is permanently missing.

Stay with it. Sadness that is allowed to move, completes.

## 03 - Allow Source to Fill the Empty Space

Do not generate love or safety. Allow what is already present to arrive.

Love does not replace sadness. It completes it.

Breathe slowly. In through the nose. Out through the mouth.

*"Why is it already safe to return to baseline?"*

Ask once. Do not answer. Allow the question to land.

Fear that completes does not return in the same form. Fear that is interrupted - fought, fixed, bypassed - returns with more